

[Instructional Materials](#)

[Certification Information](#)
[Certified Instructors](#)
[Tai Chi Fundamentals®](#)
[Patient Handout Software](#)
[Links to Articles](#)
[More about Tricia Yu](#)
[Tricia Yu Taos, NM Classes](#)
[Classes in Madison, WI](#)

[Online Store Favorites](#) [View](#)



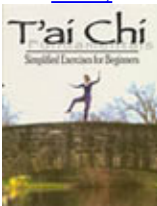
[View](#)



[Yang Style Cheng Man Ch'ing lineage Tai Chi DVD](#)



[Tai Chi Fundamentals for Mastering Tai Chi Basics DVD](#)



Welcome to Tai Chi Health!



Thank you for exploring these programs. They are proving to be models for the therapeutic and fitness regimens of the future. Exercise for mind, body and spirit, is energizing--and can work wonders! My mission is to help make tai chi and qigong accessible to everyone, regardless of age, ability or physical condition. Whether you are new to mind/body exercise, a health care professional, or an experienced tai chi practitioner, you will find resources here designed specially for you.

Based on over three decades of study with masters, teaching, and daily practice, my programs make the benefits of these energetic practices available to anyone. If you are seeking effective training in authentic lineage tai chi, want to explore qigong and mind body skills development, or have pain and physical limitation, these programs will enhance both your physical, mental and emotional well being and function.

As a pioneer in integrating tai chi into therapeutic exercise and pain management, I have collaborated with health care professionals to create innovative programs and materials that are designed to enhance our collective well being.



function. The professional training and instructional materials provide high quality

All of my programs and materials are grounded in ongoing study and daily practice in [Yang Style Cheng Man Ch'ing lineage tai chi](#), and over three decades of experience teaching tai chi to thousands of students and professionals. My [Tai Chi Fundamentals® Program](#) and [ROM Dance® Program](#) Materials for professionals integrate contemplative mind/body elements with analysis and applications for therapy and

Classes and Seminars 2010-2011

[PROFESSIONAL TRAINING COURSES and INTENSIVES](#)

Tai Chi Fundamentals® Professional 2-day CEU Course Levels 1 & 2, and 3
 Tai Chi Fundamentals® Movement Intensive CEU Courses
 Tai Chi Fundamentals® Certified Instructor Advanced Intensive CEU Courses
 Tai Chi Fundamentals® Movement Intensive/ Energy Cultivation Instructor Training CEU Courses
 Cheng Man Ch'ing Lineage Yang Style Tai Chi Form Intensives

Conference Presentations

February 8-9, 2011

[APTA Combined Sections Meeting](#)
[New Orleans](#)

Preconference Course: Tai Chi Fundamentals® Program
 Professional Training Levels 1 & 2: Applications for Therapeutic Exercise, Wellness



[Tai Chi Fundamentals
For Health Professionals and
Instructors DVD](#)



Also Available

Tai Chi fundamentals [Complete Program Set](#)
Tai Chi Fundamentals [Personal Practice Set:](#)

[ROM Dance DVD](#)



Also Available

[ROM Dance Professional
Media Kit](#)
[ROM Dance Home Use Kit](#)

presentation tools for peer education They are wonderfully effective for incorporating a holistic approach to exercise into your practice..

I especially encourage tai chi instructors, and health and fitness professionals to check out our instructional materials and professional training courses

See also [Certification Information](#) and [Certified Instructors](#) in your area.. May Tai Chi Health help you and those whose lives you touch become, "Strong as oak, flexible as a willow and clear as still water," May you enjoy these benefits for many years to come. Sincerely, *Tricia Yu*

**Tai Chi Fundamentals®
Program Reviews by Health
Care Professionals**

"—A remarkable gift to the world of rehabilitation. It makes a strong connection between the exercise form and its applicability in the clinical environment. Many accolades for your brilliant and inspired work."
—Jennifer Bottomley, PT, PhD, MS, *the Gerontologist* and APTA's *Gerinotes*

This program is of value for people who wish to learn about tai chi and engage in *one rendition of the practice.*" —Stephen Wolfe, PhD, PT, *FAPTA, Physical Therapy Journal*

"...Clear, well described, easily reproduced movement patterns can provide a needed template from which researchers can maximize consistency of exercise technique when studying the effectiveness of Tai Chi." Rita Wong EdD, PT Chairperson, Physical Therapy Department, Marymount University

". The analysis of movement patterns from a physical therapy perspective is very helpful.... .beautiful.. evokes the peaceful spirit and focused concentration of Tai Chi practice." —Jane Mahoney, MD University of Wisconsin Department of Medicine

" ... The flow between Eastern Tai Chi and Western analysis is beautifully accomplished.... provides a clear explanation of each movement both in the poetic Chinese tradition and the medical basis in movement retraining.....Will help any health care practitioner place their Cartesian training of the body in the context of the whole person..." —Elaine Cress PhD, Associate Professor Gerontology Center, University of Georgia



and Function

**Phoenix, August
2010**

**Albuquerque,
August 2009**

**US Army
Preparation and
Protection Annual
Force Health
Protection
Conference**

*Workshop: Tai Chi:
Basic Mind/Body
Skills for Readiness
& Rehabilitation
Presentation: Tai
Chi Mind/Body
Fitness: Training for
Resiliency &
Rehabilitation*

July 5-10, 2009

**[International Tai
Chi Research
Symposium](#)**

[Nashville](#)

[Deconstructing Tai
Chi pdf](#)

**Research on
Tai Chi's
Health
Benefits**

Systematic reviews, including numerous randomized trials, suggest that Tai Chi practice can positively impact static and dynamic balance, musculoskeletal strength and flexibility, cardiovascular and respiratory function, foster emotional health improve sleep and immune response, reduce risk of falls, and help maintain bone mineral density in postmenopausal women.

Links

[Pub Med NIH](#)

National Institute of Health. Find current research. Go to Search, type in Tai Chi and _____ any condition.

(example: heart
disease,
fibromyalgia,
balance etc)
[NCCAM](#) National
Center for
Complementary and
Alternative Medicine
[Harvard Medical
Shcool](#)
[Mayo Clinic](#)
[New York Times](#)
[9/27/10](#)
[New England](#)
[Journal of](#)
[Medicine 8/19/10](#)

**Tai Chi
Fundamentals®
Program
Reviews by Tai
Chi, Martial Arts,
Qigong and
Sports
Professionals:**

" Tai Chi
Fundamentals® is
the simplest and
easiest to learn. It is
a unique exercise
for all ages and
physical conditions.
The form lubricates
all the joints, eases
the mind, relaxes
the body and
enhances balance.
It is a perfect form
of movement ..with
no side effects. It is
good for people with
physical limitations
and discomfort."
—William C.C.
Chen, Grand
Master, T'ai Chi
Ch'uan

"Provides a simple,
systematic
approach which
maintains the
integrity of the
traditional Yang
style form."—
American College of
Sports Medicine's
*Health and Fitness
Journal*

"I recommend this
beautifully illustrated
book to the novice
who seeks a door to
enter the practice of

taiji. The seasoned practitioner may find the book deceptively simple; however upon closer review, Ms. Yu provides an important study of the basic movements of taiji and teaching methods that will enhance an advanced student's or teacher's appreciation of the form." —*Noah Nunberg, review in Journal of Asian Martial Arts*

"Health care providers have long needed a concise but easy-to-follow guide to Tai Chi, both for their own well-being and for patient education. Yu and Johnson's Tai Chi Fundamentals does the trick. It will be of value to anyone who practices or is ready to fall in love with this wonderful art." —*Kenneth S. Cohen, M.A. author, The Way of Qigong and Healthy Breathing*
